



# All Star Meet 2026

Tuesday, June 30<sup>th</sup>

## MEET ITINERARY

6:40am	Open for coaches – 3 per team with deck pass
6:50am	Open for swimmers – go directly to deck/stands
6:55am	6 & U Warm Up
7:05am	10 & U Warm Up
7:15am	Open for spectators – Please respect all signs
7:20am	Officials Meeting in Coaches' Room
7:30am	11 & Up Warm Up
7:40am	Timer Meeting on Deck by Diving Boards
7:45am	Coaches Meeting in Coaches' Room
7:55am	Clear Pool / National Anthem
8:00am	Meet Start

## WARM-UP COMMENTS:

- Both Pools will be utilized for Warmups | See posted lane Assignments
- **Warmups for STARTS will be One Way ONLY - Exit at Bulkhead**

## GENERAL COMMENTS:

- Swimmers will sit on deck/stands (there will be signage).
- Warm Up/Cool Down Pool will be closed during meet.
- High Point Awards will be announced prior to the start of the Free Relays.
- ONLY three (3) coaches per team will be allowed on deck during the meet.
- Heating will be in the front hallway.
- All Swimmers MUST REPORT to heating area Including Open Swimmers.
- Awards should be picked up by a Team Award Representative (band will be provided).
- D&J Sports will be outside the lobby for custom shirts and other fun items.
- Touch Pads will be used.
- VOLUNTEERS ARE NEEDED – Please see SignUp Genius.
- Food Trucks will be located along Frankie Field Dr.

## GENERAL DON COOK NAT RULES:

- No coolers. No food or colored drinks on deck. Food will be confiscated.
- Absolutely no cheering paraphernalia (noisemakers, pom-poms, etc.).
- No throwing things from the stands.
- No tripods or flash photography.
- Wet swimmers may not enter the stands OR lobby.
- Absolutely NO STANDING at railing – please be considerate of others.
- **ABSOLUTELY NO PARENTS ON DECK!**

## **A HUGE THANKS TO VOLUNTEERS!**

The SHRSL would like to thank the countless numbers of volunteers that it takes to coordinate the individual teams & this league. We could NOT do without you.

**THANK YOU!**